

# THE IMAGINARY FRIEND



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In this volume kymyst  
and researcher Dilip Rajeev  
discusses ideas on  
The Imaginary Friend,  
of Ancient writings.

THERE WERE AN IMAGINARY FRIEND the ancient poet and the philosopher wrote of. READ  
through this book a few times,

AND YOU WILL UNDERSTAND DEEPER ABOUT THE FRIEND PHENOMENON. If you  
don't, NEVERMIND... YOU'D HAVE UNDERSTOOD A FEW OTHER THINGS, ANYWAY.

AND, IF YOU DO FIND THE IMAGINARY FRIEND, this BOOK, OFTEN FLIPPED  
THROUGH will aid your initial work with HIM, I GUESS.

And WHEN YOU DO, GIFT THIS BOOK TO ANOTHER FRIEND.

“I wish I could show you  
When you are lonely or in darkness,  
The Astonishing Light  
Of your own Being!”

I know the voice of depression  
Still calls to you.

I know those habits that can ruin your life  
Still send their invitations.

But you are with the Friend now  
And look so much stronger.

You can stay that way  
And even bloom!

Keep squeezing drops of the Sun  
From your prayers and work and music  
And from your companions' beautiful laughter.

Keep squeezing drops of the Sun  
From the sacred hands and glance of your Beloved  
And, my dear,  
From the most insignificant movements  
Of your own holy body.

Learn to recognize the counterfeit coins  
That may buy you a moment of pleasure,  
But then drag you for days

Like a broken man  
Behind a farting camel.

You are with the Friend now.  
Learn what actions of yours delight Him,  
What actions of yours bring freedom  
And Love.

Whenever you say God's name, dear pilgrim,  
My ears wish my head was missing  
So they could finally kiss each other  
And applaud all your nourishing wisdom!

O keep squeezing the drops of the Sun  
From your prayers and work and music  
And from your companions' beautiful laughter

And from the most insignificant movements  
Of your own holy body.

Now, sweet one,  
Be wise,  
Cast all your votes for Dancing!

- Hafiz, as translated by Daniel Ladinsky

# In a Nutshell

The imaginary friend manifests with all beings in the time of renewal. All worthy beings, where He manifests. He's then THE Lover among THE WORLD'S women. And he the Friend's Friend.

In the Friendship movement with Him, is generated a new body of the being. Or, it is Gifted, they say. By perception of the new body, the being bonds his surface body to the gifted new body. The new body of the being, is their own new Universe.

Bring the new body to the surface by perceiving it in every move. Dissolve the previous body by thundering it with the New Brain.

In beings where the formation of the New Body is not perceived, THEY are to study UNO NATURE, IN FRIENDSHIP, bring out the Virtues that align them to THE ONE'S NATURE – THE NATURE OF THE PRIMORDIAL FRIEND.

Wem der grosse Wurf gelungen,

Whoever has had the Great Fortune,

Eines Freundes Freund zu sein,

The One Friend's Friend To Be,

Wer ein holdes Weib errungen,

Who transforms the world through the noble feminine,

Mische seinen Jubel ein!

Add To The One Jubilation!

Ja - wer auch nur eine Seele

YES – he who THE ONE SOUL

Sein nennt auf dem Erdenrund!

HAS AS HIS OWN ON EARTH'S SPHERE,

Und wer's nie gekonnt, der stehle

And whoever hasn't had the fortune, OUGHT STEAL AWAY,

Weinend sich aus diesem Bund

WEEPING, FROM THIS CIRCLE.

- Schiller, Ode To Joy

# The Imaginary Friend

In all ancient traditions, THE PRIMORDIAL ONE, works with the few. In The Rumi and the Hafiz poems, we see AN IMAGINARY FRIEND.

In the Bible, THE LORD speaks to Moses , face to face, as a Man would to his friend. In the Gita, Krishna talks to Arjuna, referring to him as *partha*, which probably meant friend in ancient Indo-European.



In Ode TO Joy, THE poem of Schiller set to music by Beethoven, and the European Union's National anthem now – in a deeper sense a poem about Creation, Renewal, Schiller writes of A FRIEND'S FRIEND.

## The One In The WORLD

In Wagner's Parsifal, THE ONE HAS A HUMAN BODY IN THE WORLD, PARSIFAL. When THE ONE MANIFESTS, at the end of times,

The ONE has a singular body in the world, IN EACH WORLD, AND THE BEINGS BY IMMEDIATE SIGHT KNOW.

THE BODIES OF THE ONE APPEAR IN OTHER DIMENSIONS, WITH ALL GENERATED BEINGS. In assimilating to that nature, IS TRANSFORMATION, RENEWAL. The Birth into ETERNAL NATURE.

# The Primordial

The subject of study in ancient traditions has often been the Eternal One.

“Joy is named the Strong Spring in Eternal Nature,” says Schiller

THE ETERNAL ONE, THE CHANG, 常, it would seem, OF

THE DAO DE JING, AND ANCIENT CHINESE WRITINGS.

常 TAKES THE MEANINGS ETERNAL, ORDINARY,

CONSTANT, ETC., IN MODERN CHINESE.

知常曰明。

不知常，

妄作凶。

知常容，

容乃公，

公乃王，  
王乃天，  
天乃道，  
道乃久，  
沒身不殆。

Which may, in a sense, be translated as,

The Eternal One Known is Enlightenment  
Not Knowing the Eternal One,  
The Wild Waters Dissolve  
Knowing The Eternal One's Desire,  
IS generated a Joy Fountain in The System  
The Fountain Generates the Ruling Of The Worlds  
And From This Ruling, The Heavenly Form,  
From Heavenly Form Extends The Dao,  
Abiding in The Dao,  
The Body, Dissolutions, Transcends Death.

知常曰明。

To know 知 The Constant, Eternal One, 常 is SAID 曰  
enlightenment 明. The phrase in the 16<sup>th</sup> Chapter of Dao De Jing,  
it seems, is the Idea behind all ancient traditions.

THE GITA says,

yadā yadā hi dharmasya

glānir bhavati bhārata

abhyutthānam adharmasya

tadātmānaṃ sṛjāmy aham

Whenever there is deviation of the World From the Way,  
and evil manifests, O BHARATA,

I BY OWN WILL MANIFEST MYSELF.

paritrāṇāya sādḥūnām

vināśāya ca duṣkṛtām

dharmaśaṁsthāpanārthāya

saṁbhavāmi yuge yuge

to TAKE THE GOOD ACROSS,

destroy the evil,

TO REESTABLISH THE WAY,

AND THIS HAPPENS FROM AGE TO AGE.

## The Agitator of Men

Among the names attributed TO THE ONE, in ancient traditions IS THE AGITATOR OF MEN. This is found in Indian traditions, to a greater extent.

An idea being that He urges men into action. Action that may either assimilate them TO THE SOURCE, OR DESTROY THEM.

In renewal, beings ought display their true nature. THAT ASPEKKS WHICH ALIGN TO THE ONE, MAKE IT TO THE NEXT PHASE.

THE REST IS DESTROYED OUT.

## THE SLAYER OF REBELS

Ancient Egyptian writing,

## THE GREAT MORNING HYMN TO KHNUM

*As translated by Miriam Lichtheim, says,*

Awakenings of Khnum, say:

Wake well in peace, wake well in peace,

Khnum-Amun, the ancient,

Issued from Nun,

In peace, awake peaceably!

Wake, Lord of Fields,

Great Khnum,

Who makes his domain in the meadow,

In peace, awake peaceably!

Wake, Lord of Gods and Men,

Lord of the war cry,

In peace, awake peaceably!

Wake, mighty planner,

Great Power In Kemet,

In peace, awake peaceably!

Wake, Lord of Life,

Wooer of women,

To Whom come Gods and Men as he bids,

In peace, awake peaceably!

Wake, Ram of Great Majesty,

Tall-Plumed, Sharp-Horned,

In peace, awake peaceably!

Wake, great lion,

Slayer of rebels,

In peace, awake peaceably!

Wake, Crocodile-King,

Mighty Victor,

Who conquers as He wishes,

In peace, awake peaceably!

Wake, Veiled of Face,

Who shuts His Eyes to His foes,

As He bears arms,



In peace, awake peaceably!

Wake, Leader of Herdsmen,

Who grasps the stick,

Smites His attacker,

In peace, awake peaceably!

Wake, Great Crocodile Who says,

"Each of you shall slay his fellow"

In peace, awake peaceably!

Wake, Shu, Strong-Armed,

His Father's Champion,

Slayer of rebels,

In peace, awake peaceably!

Wake, Fighting Ram Who Chases His Foes,

Herdsmen of his Followers,

In peace, awake peaceably!

Wake, Multiform One,

Who Changes Shape at Will,

In peace, awake peaceably!

Wake, Khnum Who Fashions as He Wishes,

Who sets every man in his place!

Analogous symbolism is found in the  
ancient Indian text, The Gita,

Among Horses, The Ucchaihsrava,

Born of Nectar of Immortality,

Among the Lordly Elephants,

I am the Iravatha,

Among humans, The Lord of Men,

Of The Weapons, The Thunderbolt, Am I,

..

I Am Cupid, The Generator,  
Of The Poisonous One Headed Serpents, Vasuki,  
Ananta, among the many-headed nonvenous serpents.

..

Among Daityas I am Prahlada,  
Time among measurements,  
The Lion among animals,  
The Garuda Eagle among Birds

Among the swift moving, The Wind Am I,  
Rama Am I, Amongst The Wielder of Weapons,  
Of the water-beings, The Crocodile,  
Of the flowing rivers, Ganga Am I,  
The Origin-Creator of All,  
The Middle-Sustainer, And Destroyer,  
Of All, Am I, O Arjuna,  
The Spiritual Knowledge Am I,

Of the Arguments,  
The Reasoned End.

..

Further, O Arjuna,  
I am the Seed of all Generated,  
There is no being - moving or immobile,  
That is not reposed into me in Existence.

## In times of renewal

In times of renewal, particularly at the end of a great age, IT IS SAID IN ANCIENT TRADITIONS, that THE ONE APPEARS AGAIN.

He works with the worthy few, to enable them to establish their futures.

In the Mahabharata, HE works with Arjuna, AND THE PANDAVAS, DESTROYING THE EVIL. ALL THAT IS NOT PROFOUNDLY ALIGNED TO HIM IS DESTROYED.

At the end of an age, only the ALIGNED MAKE IT THROUGH.

THE ONE, THE ETERNAL, the unchanging, has embedded this in symbolism in art, unknown to the artists themselves. The James Bond Song, *You know my Name*, “When you reach my night.. you never saw me change. “

A spinning wheel is the weapon of THE ONE in Mahabahrata, cold blue is his colour. The lyrics go on to say, “Arm yourself because no one else here will save you, The odds will betray you and I will replace you, The coldest blood runs through my veins.”

The lyrics reflect the ATTITUDE OF THE ONE, at the night of the ages, to that which doesn't align.

## Working with the friend

This is NATURAL FRIENDSHIP.

# Knowing HIS NATURE

The ancient text attempted to awaken the beings to HIS NATURE.

In friend interaction, the beings understand an aspect of his nature.

# THE UNKNOWABLE ONE

The One is Unknowable. And so say the Sages. What beings understand are but emanated aspects, which were emanated by HIM to help the beings perfect their own nature.

THE ANCIENT SCRIPTURE were OFTEN a set of symbols, in which, this, as perceived by the Sages, were abstracted.

# Merging with the Source

Beings seek merging with the Source to return. One's nature, thinking, inner anatomy, has all to be transformed into the SOURCE NATURE. THE NATURE OF THE ONE THAT THE BEING IS PERCEIVING IN THE FRIEND-INTERACTION.

# FRIEND INTERACTION GENERATES NEW BODY

The interaction with the Friend gifts you a new body. This body exists in a deeper dimension. The worthy gain this.

# BONDING THE NEW BODY TO THE SURFACE BODY

The new body of the being, kann be felt-known by the surface being. The idea is to replace the old body with the new body.

As you feel the DEEPER BODY OF YOURSELF, and  
replace perception of the surface body WITH THE NEW  
BODY, YOU GENERATE THE NEW BODY ON THE  
SURFACE.

# THE BRAIN IS THE GENERATIVE

This brain is the instrument which constantly regenerate  
the body. The neuroanatomy of man is perception of  
everything. The neuroanatomy is what constantly rebuilds  
his inner worlds as well.

The seeds are the neuroanatomy abstract.

THE NEW ANATOMY BRINGS NEW NATURAL  
STATES.



# BOND THE NEW BRAIN WITH THE BODY, DISSOLVE THE PREVIOUS

Dissolve the previous brain. BOND THE NEW BRAIN  
with the body. Think and live with the NEW BRAIN.

## In analysis

In analysis of THE ONE'S NATURE, YOU DISCOVER FURTHER  
ABOUT HIM. THE FURTHER TO THE EXTENT, of what  
knowledge he brings.

## UNIQUE

The knowledge, the nature the virtues each being gains is  
UNIQUE.

# GREATER PERFECTION

As you take the knowledge, this short book AS-IS, to others, YOU  
EXPAND YOUR KINGDOM'S virtue. All JOYS, wealth,  
prosperity, are all generated from virtue.

Another being gaining a new kingdom through your action, that  
is a profound gratitude generated in the being through your  
surface action.

## In daily life

All of one's thinking and anatomy has to be assimilated to the  
ONE'S NATURE. In doing any action, do it with the newly gifted  
bodyd, expanding its essence forward.

Think how THE ONE would want you to think and handle scenarios. DO things in absolute alignment with that.

## Strengths

The ancient texts say, THE WILL in all beings is the PRIMORDIAL ONE. In strengthening oneself, assimilate oneself further to the PRIMORDIAL WILL.

## KNOWING VIRTUES

IN all scenarios, you know how your FRIEND wants you to handle things. Do what brings him Joy. This is what brings YOUR TRUEST NATURE the greatest JOYS as well.

In THE APPEARANCE OF THE TRUE BODIES OF THE ONE, ARE HIS VIRTUES. Strength, courage, bravery, etc.

THE GREEKS filled their buildings with THE FORMS OF RIGHTEOUS GODS. THE FORM INSPIRED SIMILAR NATURE

IN THE MORTALS.

# In overcoming hardships

IN encountering a difficult scenario, see the thoughts of THE FRIEND in the scenario. Assimilate to the nature.

Analyze things with the NEW BRAIN. Since it is from THE NEW ONE, it will projekt energies so as to ideally handle things.

An unideal perception, replace it with PERCEPTION OF THE NEW BRAIN, THE NEW BODY.

Any physical or mental perception, unideal, may be dissolved and replaced thus.

THINK AND OBSERVE HOW THE FRIEND'S TRUE BODY WOULD DEAL WITH IT. Say an un ideal news. Observe how the PRIMORDIAL MIND deals with it. DO THE SAME in your NATURE. Do what brings Joy to The Friend.

IN EVERY MOVE, stillness,  
perception, deeply program  
expansion of the NEW  
BODY.

The programming is done in deep observation. It happens naturally as you observe it deeply. The next time the same movement, stillness, or perception, the new expands NATURALLY. The brain repeating the deeply observed.

Expand The One's Nature INTO THE WORLD.

TIME IN ANALYSIS

SPEND TIME ANALYZING YOUR NEW ANATOMY,  
MERGING IT WITH THE SURFACE, DISSOLVING THE  
PREVIOUS.

## KNOW WITH THE FRIEND

KNOW, SEE, FEEL, UNDERSTAND PERCEIVE all that you do as  
THE NEW BRAIN DOES. IN ITS VIRTUES. IN ITS NATURE.  
FURTHER, KNOW IT AS THE PRIMORDIAL ONE'S  
PERCEPTION, ALL THAT IS, ALL THAT YOU ARE, AND  
AREN'T

## The NEW BODY

Exists in a deeper dimension. Allows you to enter higher spaces.  
This is different from the surface flesh body. The surface flesh  
body ought eventually be merged with it.

The flesh body IN THE SURFACE DIMENSION IS  
EVENTUALLY renewed. For a few they might be allowed to rise

with the surface body. For others, they discard the surface body and rise with the inner body.

## Establish Joyous Forms

Misunderstanding of ancient writing – the senses of language being deep and hidden often – there are folks who think by forms of sorrow anything is achieved. The Very movement to the Source is perceived as Joy. As Schiller writes, IT is Joy that makes the worlds turn.

## A focus on the source

Focus on the SOURCE. THE ETERNAL. THE ONE. A focus on the passing forms in nature, is just disordering the psyche. The disordered axis and psyche is the LEAD TO THE fall.

## PLANES

Just as there are different planes in a building, so is it in the universe. The higher, the greater the Joys.

# TRANSCENDING

By engendering higher NATURE IN ONESELF, ONE RISES. THE GREATER THE ALIGNMENT TO THE SOURCE'S NATURE, THE ONE'S NATURE, THE GREATER THE RISE. THE HIGHER, THEN THE REALM.

# ABIDING IN THE FRIEND'S NATURE

Abide in THE ONE FRIEND'S NATURE.



# THE PROCESS IS PRECIOUS, TRANSPIRES IN AN INSTANT.

Perhaps a few weeks, or a few months, or a few years. But the opportunity lost, no regret helps. That transpires but at the end of the ages.

## Forms

Ancients say, All forms, be it in nature or human designed, arts, alphabet , are aspects of the THE ONE'S thought, THE ONE'S NATURE.

# THE CREATOR AND THE CREATED

In some traditions, the Primordial One IS REFERRED TO AS THE CREATOR. The ultimate purpose of human existence, were thought to bond with him and return to the Source.

The Mahabharata says, THE WORDS attributed to Bhishma, as he discusses things with Yudhishtra, while on his death-bed, that - in comparison to THE ONE'S worlds, the Heavenly Kingdoms are but another hell. A being's purpose were thought to gain an absolute state of existence, in THE ONE'S WORLDS.

Esoteric symbols such as the cross, symbolize the axial will of the Creator, bonded, IN HARMONY WITH THE CREATED, symbolized by the horizontal. There are indeed other meanings to the symbolism. Presentday religion is only a human created set of forms, distorted further by humans over the centuries, and not an absolute path. The inner ideas are lost to time. The true work is

the work with THE ONE. Never let your bond to the Source, The ONE MANIFESTING AT THE END OF TIMES, be lost, for this or that idea.

# DEATH, THE DESTROYER OF THE WORLDS,

The One is described thus in THE GITA,

# THE UNAFFECTED

The ancient texts say THE ONE, is UNAFFECTED by anything of the worlds – NOT PHENOMENON, NOT NATURE. THE WAY HE EVOLVES into the worlds, is thus. .

# THE WILL

Man ought hold the WILL OF THE CREATOR, THE ONE AT THE SOURCE. Don't allow anything to dent this WILL in you. In your existence through the realms, move assimilating to the WILL.

To do in the world, to act, to display THE aspect of THE ONE'S NATURE as it projects through your inner self, IS OF GREAT IMPORTANCE. TO STAY ALIGNED TO THE WILL, IS OF EVEN GREATER IMPORTANCE.

Holding the Will of THE ONE strongly, NATURALLY DESTROYS ALL UNIDEAL.

# The Strange Symbolism of a Rune, ON A SCANDINAVIAN FONT,

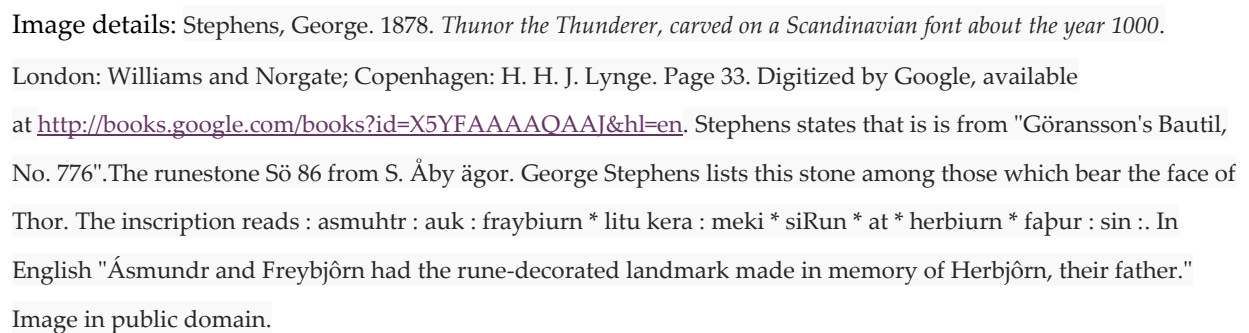
Renewal IS THE RECREATION OF ADAM.

In the painting, *The Creation of Adam*, by Michelangelo, God Extends his hand through a brain shaped space, and touches Adam. The space in which GOD IS SEATED, surrounded by the

angels is so done so as to resemble a human brain. God extends his hand outward, THUNDERS INTO THE HUMAN.

THAT THE GOD'S SPACE IN THE MICHELANGELO PAINTING is a rather anatomically accurate brain were discussed IN THE JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION, BY Frank Lynn Meshberger, M.D.

Below is an ancient Scandinavian rune,



THE HEAD ABOVE symbolizes THE ONE. THE HAMMER symbolizes THE BRAIN, AND THE SPINE.

The SERPENTS below symbolize sexual anatomy. THE FORM OF THE SPERMATIC CORDS. SAYING, THE NEURANATOMY, THE BRAIN AND SPINE, AND SEXUAL ANATOMY OUGHT BE ALIGNED TO THE ONE SOURCE.

THE DUAL SIDED BRAIN IS the hammer head. The spine extending down from it being the handle of the hammer.

Evil ideologies are ones that attempt to sickle the hammer from the Source.







*Thunderer* is the name given to God in many traditions, and phrases as the Thunder of the Gods abound. Electricity from the sky-space of the world-body is thunder.

In the YET OFFICIALLY UNDECIPHERED PHAISTOS DISC, IS SIMILAR SYMBOLISM,

# And OTHER STRANGE

# SYMBOLISMS,

THE PHAISTOS DISC IS A 2,000 YEAR OLD GREEK ARTIFACT.

The first phrase of it is, , . The Creator, The Creating Head   
, through a brain space, , projects into the spine , of the human . The  
symbol  here shows a bonded projection on the world, FROM THE  
SOURCE.

The man shaped figure studies movements on the spine by being bonded to it, by facing it. And from that follows the projekktion into the world.

The space between the hand of God and the hand of Adam has been likened to a synaptic cleft, BY Frank Lynn Meshberger, M.D. The synapse is the thing at the end of a neuronal axon. Axons are projections of the neurons, to other neurons or cell bodies. A neuron is a kind of a brain cell, or a nervous system cell.

A synaptic cleft is a space between two neurons. The space between the end of an axon, and the beginning of another neuron.



Where a neuron handshakes another. Neurotransmitters get the signal across a synaptic cleft.

The hand of the Phaistos disc human resembles a synapse. The arms, axons.

The reader may read a decipherment of this artifact, done by the author, in the book, "THE DECIPHERMENT OF the Phaistos Disc."

THESE

SYMBOLIC

ARTS

SAY A SIMILAR STORY. That the

PROJECTED THOUGHT, WISDOM, IDEA, THE IMAGINATION OF THE ONE, THE ONE AT THE SOURCE, IS THE WORLD.

“The world is a thought of God,” says Schiller.

# THE ANCIENT SCIENCE

STUDY THE BHAGAVAT GITA.

## ART

The purpose of art is to perfect the world, generate Joyous forms. Joy that leads to the Source. TO impel a greater alignment with the Source.

This is done through symbols, and forms, as in the Wagnerian Drama Parsifal.

Study whichever art, OR HOBBY, that brings YOU JOY, with  
THE FRIEND

# UNDERSTANDING YOGA

The ancient science of yoga is about merging with THE  
PRIMORDIAL ONE, THE FRIEND OF ALL BEINGS. THE  
WORD YOGA MEANING TO UNION. THE INDO EUROPEAN  
YUJ IS THOUGHT TO BE THE WORD-ROOT OF BOTH YOGA,  
AND THE WORD YOKE.

THE PRIMORDIAL ONE IS THE ORIGIN OF ALL WORLDS.  
ANCIENT TEXTS SUCH AS THE GITA, AND THE  
UPANISHADS DESCRIBE THE IDEA. THE ONE IS DESCRIBED  
AS THE PURUSHA, THE PRIMORDIAL MAN, IN ANCIENT  
WRITINGS.

WRITINGS OF PHILOSOPHERS SUCH AS PLOTINUS  
DESCRIBE THE IDEA OF THE ONE.

ANCIENT TEXTS SUCH AS THE BRAHMASAMHITA  
DESCRIBE THE QUALITIES SAT-CHIT-ANANDA, AS  
EMANATIONS FROM THE ONE.

SAT IS EXISTENCE, CHIT IS AWARENESS, CONSCIOUSNESS,  
INTELLIGENCE, AND ANANDA IS JOY.

YET, THIS, IT IS TO BE UNDERSTOOD IS AN ASPECT, AN  
EMANATION. IN THE GITA, ARJUNA SEEING THE  
UNIVERSAL FORM OF KRISHNA SAYS, "YOU ARE SAT, THE  
NON-SAT, AND THAT WHICH IS BEYOND."

ABIDING IN PURE AWARENESS, A STATE OF THE PURE  
OBSERVER, WE ABIDE IN ALIGNMENT WITH THE CHIT, OR  
PURE INTELLIGENCE ASPECT.

Whatever the mind observes, begins to reveal is pure ordering,  
distilling the disorder from the pure order. The ability of the

mind to do so is demonstrated in philosophical analysis, scientific study, etc.

Thus the ancients abided in a state of observing one's own body.

A particular technique may involve observing the breath, the breath as the vitalizing filling the entire body, gradually abiding in a perception of the entire body, as if the body were breathing.

The movements of the mind may likewise be observed. Thoughts, emotions, etc. dissolved away, the observing mind still remains as-is, unaffected, eternal. If the nature is established in the body, the pure-awareness, unaffected nature, the body assimilates to a greater nature, a greater perfection.

This insight is seen in the ancient set of aphorisms attributed to Patanjali, THE YOGASUTRAS.

yogaś-citta-vṛtti-nirodhaḥ, SAYS THE ANCIENT TEXT, IN ITS SECOND APHORISM, DEFINING YOGA. Yogaś(THE UNION WITH THE ONE)-citta(THE PURE CONSCIOUSNESS, THE PURE OBSERVER STATE)-vṛtti(EXPANSION FROM)-nirodhaḥ(AVOIDING)

AND THE NEXT APHORISM OF THE TEXT SAYS,

Tadā(THUS) draṣṭuḥ(OBERVING, SEEING) svarūpe(THE IDEAL SELF'S FORM)-'vasthānam(ESTABLISHED) ,

AND IN THE FOURTEENTH APHORISM ADIVSES, “Success is definitely be achieved in sound and continuous practice over an extended period of time, performed in a serious and thoughtful manner.”

IN THE SECOND BOOK OF APHORISMS, PATANJALI DESCRIBES THE PRACTICAL SYSTEM OF YOGA AS  
tapaḥ(AUSTERITY) svādhyāy(THE SELF PONDERING)-  
eśvarapraṇidhānāni(THE WORSHIPFULNESS TO THE ONE)  
kriyā-yogaḥ(IS KRIYA-YOGA) ||1 ||

THE PRAYERFULNESS TO THE PRIMORDIAL ONE WERE  
THOUGHT OF GREATEST IMPORTANCE, AS NO  
TECHNIQUE NOR STUDY NOR EFFORT WERE THOUGHT TO  
ENABLE THE UNION, OTHER THAN **THE ONE**  
WILLING IT.

“Higher than the senses, stand the objects of senses.

Higher than objects of senses, stands mind. Higher than mind, stands intellect. Higher than intellect, stands the great self. Higher than the great self, stands Avyaktam. Higher than Avyaktam, stands **Purusha**. Higher than this, there is nothing. He is the final goal and the highest point. In all beings, dwells this Purusha, as Atman (soul), invisible, concealed. He is only seen by the keenest thought, by the subtlest of those thinkers who see into the subtle.” – THE KATHA UPANISHAD, AS QUOTED BY Paul Deussen, IN Sixty Upanishads of the Veda.

“NOT THROUGH THE STUDY  
OF VEDAS,  
NOT THROUGH AUSTERITIES,

NOT BY GIFT,

NOT SACRIFICE,

IS IT POSSIBLE TO SEE THE

DIVINE FORM OF MINE,

WHICH YOU HAVE SEEN ME

IN NOW,"

- KRISHNA TO

ARJUNA, VERSE 53, CHAPTER 11,

THE BHAGAVAD GITA

"BY DEVOTION

UNDISTRACTED, ALONE,

IS **I** IN THIS DIVINE FORM

KNOWN,



SEEN,

IN TRUTH,

TRAVELLED TO,

O SCORCHER OF FOES,”

- KRISHNA, TO ARJUNA,

VERSE 54, CHAPTER 11, THE BHAGAVAD

GITA

“That Self cannot be gained by the Veda, nor by understanding, nor by much learning. He whom the Self chooses, by him the Self can be gained. The Self chooses him (his body) as his own.

..

The wise, having reached Him who is omnipresent everywhere, devoted to the Self, enter into him wholly.

Having well ascertained the object of the knowledge

of the Vedânta, and having purified their nature by  
the Yoga.. enjoying the highest immortality, become  
free at the time of the great end.

-THE MUNDAKA UPANISHAD,  
AS TRANSLATED BY MAX MULLER.

THE PRAYER OUGHT BE INNER, FROM THE HEART, AND  
WORDS AS "TO THE PRIMORDIAL ONE, THE ORIGINAL OF  
ALL WORLDS, THE ONE WHO FILLS THE UNIVERSE INSIDE  
AND OUTSIDE, TO HIM I PRAY FOR GUIDANCE".."TO HIM  
ALONE I PRAY FOR UNSHAKABLE FAITH".."TO HIM I PRAY  
FOR UNION.."

THESE PRAYERS SEEN IN ANCIENT TRADITIONS, AND  
SPONTANEOUSLY EXPRESSED IN POEMS AS OF RUMI,

"One I seek, one I know, one I see, one I call.

He is the first, he is the last, he is the outer, he is the inner.

Beyond He and He is I know no other." - RUMI

# MARTIAL ARTS

All arts, including Martial arts have in form the goal of holding up the Will of the Creator. The meaning of the forms, and movement, all reflect this. The stances, say, often are meant to strengthen the field, keep it pure, bonded to the source. The strength emerges from the bonding to the Source.

The pure energy from The ONE Source destruktions forth in THE movement.

# THINKING

The natural impulse has meaning. The axis – the ccerebro spinal – bonded to the Source, generates new understanding.

ORDER THE BRAIN-SPINE AXIS, BEYOND ALL THOUGHTS,  
in THE ONE'S NATURE, in stages of the work.

# STUDY

Every being ought study, and perform their duty in generated reality, in accordance with what brings them true Joy.

Study with The One, refine your knowledge and skills of the worldly arts.

Find Joy in worldly study as well – the study of sciences, arts, mythology, etc . It enriches the being. The study of mythology shows us ways of thinking of the great authors, and of ideals in great civilizations. The strengths become part of our nature. We understand how to deal with similar scenarios in life.

It refines our neuroanatomy, enriches our very existence.

## Joy In Work

It is important that beings perform the work in society that enriches society virtuously. Let this work be private study, or a coffee shop – but let it align to what brings the individual deep Joy.

If an individual wants to spend time in study, it is the duty of society to allow that. Study is what makes society better. The great artists, the few great artists, who enriched themselves through arduous study, generated the original ideas of all things in society that we label the beautiful. It is passion, that kind of dedication for your purpose – even if it be the role you play in your family, that allows you to do great things, in society as a whole.

A being thus refining himself, is a great treasure in the world, even if he be not doing anything in society. The work is done internally. All great ancient societies were structured around upholding the higher endeavors of individuals.

Joy, natural, when it is deep in the being, is the return of matter to the source. The very fact that each being is uniquely designed for their role, implies they ought find, in freedom their purpose.

Do not conform to social pressures. Do not conform to those who

try to push you into any job in social fears, etc. Break through all these. The process takes time. But is worth it.

Engaging in work that intensifies inner joy, is extremely powerful in establishing yoga; abide in a state of pure observer often, as the pure observer engaging in action, merging the body to the ONE, unaffected by the results of action, yet ENGAGING IN REASONED, JOYOUS WORK.

# UNDERSTANDING FROM CREATION

Understand from the formation of the New Body, what you are allowed to, of Creation. Creation does proceed from the realms of water, to the anthropic form. It is the seed evolved into human form, in a sense.

# WORKING IN THE WORLD

The One often helps beings in doing their duty in generated worlds. Understand from working with him, things. Gain the time that you gain to do greater things.

To generate beauty, wealth, and virtue in the world is part of the role of all generated beings.

# EXPANDING UNO NATURE

In staying aligned to UNO nature, expanding through your work in the world, align the world TO THE PERFEKKT NATURE, THE PRIMORDIAL ONE'S NATURE.

DO THE WORK IN YOUR INNER WORLDS, AS WELL.

# SHARE THIS WORK

DO share this work. Those who have found THE FRIEND, do share. THE MANIFESTATION OF THE ONE IS BUT AN INSTANT IN EONS. The knowledge here is thus precious. Keep a hard copy with you to remind yourself of the principles often.

As your work with THE ONE progresses, higher understanding will emerge on assimilating to the ONE'S NATURE.  
ASSIMILATING TO THE SOURCE.